

# Embracing God's Heart...

## “Embrace God's Presence”

- God is with Us
- Story of the Eucharist
- Bread for the Journey

# Embrace God's Presence

## God is with Us

Opening Prayer – pg 10

Divine Savior, we come to your sacred table to nourish ourselves,  
not with bread but with yourself, true Bread of eternal life.

Help us daily to make a good and perfect meal of this divine food.

Let us be continually refreshed by the perfume of your kindness and  
goodness. May the Holy Spirit fill us with His love. Meanwhile, let us  
prepare a place for this holy food by emptying our hearts.

Amen.

# Embrace God's Presence

## SESSION OBJECTIVES

- Understand that a sacrament is a sign instituted by Christ to communicate his grace, his divine life, to us.
- Recognize that the Eucharist is the source and summit of the Christian life.
- Be able to define transubstantiation as a real change in the substance of the bread and wine, such that they truly become the Body, Blood, Soul, and Divinity of Jesus Christ, though the appearances of bread and wine remain.
- Understand that God wants to be united to us through the Eucharist.

- What is your favorite way to enjoy the presence of your family or close friends?
- What comes to mind when you think about God's love for you?
- “ If angels could be jealous of men, they would be so for one reason: Holy Communion.” — Saint Maximilian Kolbe

# Digging Deeper - pg 11

- What is a Sacrament?:

The Catechism of the Catholic Church defines the sacraments as “efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us” (CCC 1131). This means that, by the power of the Holy Spirit, the sacraments actually give us the grace that they represent.

The sacraments are visible, tangible signs that make present to us the invisible, supernatural actions of Christ. God desires that we intimately know his love and the presence and power of his grace, so these sacramental signs allow us to experience in a real and human way God’s gift of divine love and grace.

Grace is a totally free and unmerited gift from God that gives us a participation in his own divine life.

Now – View Presence Video 1: God is With Us